

# *Snapped Up:* Berry Tasty Salad



**Lunch or Dinner   Serves 2**

The berry season is quickly approaching. It's time to widen our palates to more than pie when it comes to using the last of the logan berries in the freezer (like above) or the first raspberries of the summer.

This salad is almost a dessert with its rich, red berry dressing, topped with mouth watering fresh fruit. However, unlike desserts loaded with sugar and fat this dish is packed with nutrition and fiber. Flavorful and hearty, it's a meal in itself.

It will be a special dish for any upcoming graduation or summer event. It's also so easy that you'll want to make it just for yourself, because you're special too.

## **INGREDIENTS**

### **SALAD**

½ cup **quinoa** (make a batch ahead of time and freeze the extra for another meal)

1-1/2 cups of **white northern beans** (make a batch ahead of time or use one 15 oz. can)

1 cup frozen or **fresh green peas** (for the vibrant color)

¼ minced **red onion**

2 cups of **chopped kale** (or chard or spinach)

**Salt and pepper** to taste

¾ cup of **fresh red raspberries or loganberries**

Ground or **sliced raw almonds** to top is off (optional)

### **DRESSING**

¾ cup of **fresh red raspberries or loganberries**.

1 Tablespoon **white wine vinegar** or another white vinegar

2 Tablespoons **fresh lemon juice**

1 teaspoon **Dijon mustard**

1-1/2 teaspoons **sugar**

1 Tablespoon **fresh chives** (optional)

### **Tools USED:**

Medium sized pot for pre-cooling quinoa and beans

Medium bowl

Food processor or blender

### **DIRECTIONS:**

1. In one bowl toss together quinoa, beans, red onion, and kale.
2. Mix all dressing ingredients in a blender or food processor.
3. Mix dressing with salad.
4. Gently fold in ¾ cup berries to keep them somewhat whole and save a few back to top the dish off along with a few sliced almonds.

### **SERVE:**

With a crackers or a good bread.

*Good for one.  
Great for many.*

# 1 Serving of Berry Tasty Salad

General			
Energy	407.8	kcal	55%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	216.2	g	8%

Carbohydrates			
Carbs	69.1	g	84%
Fiber	20.8	g	99%
Starch	11.5	g	No Target
Sugars	14.5	g	No Target
Sugar Alcohol	0.2	g	No Target
Net Carbs	48.0	g	79%

Lipids			
Fat	6.9	g	25%
Monounsaturated	3.1	g	No Target
Polysaturated	2.0	g	No Target
Omega-3	0.2	g	11%
Omega-6	1.8	g	16%
Saturated	0.5	g	n/a
Trans-Fats	0.0	g	0.002 g
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	21.4	g	35%
Cystine	0.1	g	13%
Histidine	0.2	g	22%
Isoleucine	0.3	g	25%
Leucine	0.6	g	19%
Lysine	0.5	g	18%
Methionine	0.1	g	20%
Phenylalanine	0.4	g	33%
Threonine	0.3	g	24%
Tryptophan	0.1	g	26%
Tyrosine	0.2	g	18%
Valine	0.4	g	24%

Vitamins			
B1 (Thiamine)	0.4	mg	33%
B2 (Riboflavin)	0.3	mg	26%
B3 (Niacin)	2.4	mg	17%
B5 (Pantothenic Acid)	0.5	mg	9%
B6 (Pyridoxine)	0.3	mg	20%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	120.1	µg	30%
Vitamin A	3479.9	IU	149%
Vitamin C	53.9	mg	72%
Vitamin D	0.0	IU	0%
Vitamin E	3.3	mg	22%
Beta Tocopherol	0.1	mg	No Target
Delta Tocopherol	0.9	mg	No Target
Gamma Tocopherol	3.6	mg	No Target
Vitamin K	144.2	µg	160%

Minerals			
Calcium	195.4	mg	24%
Copper	0.6	mg	65%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	6.0	mg	75%
Magnesium	99.7	mg	31%
Manganese	1.4	mg	79%
Molybdenum	0.0	µg	0%
Phosphorus	224.9	mg	32%
Potassium	491.7	mg	10%
Selenium	4.2	µg	8%
Sodium	192.3	mg	15%
Zinc	1.8	mg	23%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.